

Community Center for Vital Aging



Fisher Institute for Wellness and Gerontology
Ball State University · (765) 285-1639 · www.bsu.edu/wellness/ccva

APRIL 2014 ISSUE

THE COMMUNITY CENTER FOR VITAL AGING is an extension of the John and Janice Fisher Institute for Wellness and Gerontology at Ball State University. The Center opened in May of 2001. Our programs are primarily for adults 50 and over who are interested in lifelong learning and active lifestyles. Our mission is to enhance the lives of older adults in the community through creative, cultural, and intergenerational programs that promote wellness throughout the lifespan.

This year has been a year of change. In order to meet the needs of our members, the CCVA recently moved out of the Cornerstone Center for the Arts and relocated back to the Fisher Institute for Wellness and Gerontology in the Health and Physical Activity building on the Ball State campus.



The CCVA will be taking its show on the road this semester and will be conducting programs at various locations throughout the Muncie community. We will hopefully be moving into a more permanent and easily accessible location in 2014. We will keep you posted throughout the year on what is going to happen.

We encourage you to contact the Center at 285-1639 or at vitalaging@bsu.edu to receive more information on what we have to offer or with any questions that you may have.



Attention . . . Attention!

Just as a reminder, if you have family or friends that would like to receive our newsletter, please have them e-mail us and provide us with their contact information!

We need your help!

We would really appreciate your feedback on programs that you would like to attend, please feel free to call the CCVA and give us some ideas!

Thanks!

CCVA Staff

Kathy Segrist: Interim Director, Fisher Institute for Wellness and Gerontology
Program Coordinator for Gerontology, School of Physical Education, Sport and Exercise Science

Graduate Assistants

India Ballard-Bonfitto
Hyeon Jung Kim
Diane Mitchell

Derek O'Neal
Courtney Roberts
David Staggs

Volunteering

Think volunteering is just a nice thing to do for others? Think again. A growing body of research has pointed to the social, emotional, and even physical health benefits of volunteering.

1. Volunteering is about giving your own time; using your talents and skills as a way to enhance the community. You can achieve a feeling of accomplishment and satisfaction by helping your community!
2. Volunteering can give a sense of escape from every day mundane tasks. You can give a few hours a week and you could find out that you have a new hobby because of volunteering.
3. Volunteering is a brilliant way to get life experience. You will experience the real world through hands on work.
4. You are making a difference in the community by volunteering.
5. When we work together to help the community we:
 - a. Solve problems
 - b. Strengthen communities
 - c. Improve lives
 - d. Connect to others
 - e. Transform your own life

Tips on How to Become a Volunteer:

1. Volunteer for issues that are important to you.
2. Volunteer where your talents can be used
3. Go to www.volunteer.gov to find a place to volunteer
4. If the program you volunteered for isn't what you thought it would be; talk to someone about it and see about making it better.



LOOKING FOR COMPUTER ASSISTANCE?

The CCVA still offers computer tutoring. Computer tutoring is free, but sessions for each individual will be limited. We have several convenient locations throughout the community that have agreed to allow us access to their computer labs to provide one-on-one training sessions to our members.

Please call the CCVA at 285-1639 or send an e-mail to vitalaging@bsu.edu to set up your appointment!



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and Gerontology
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Programs and Seminars

INFORMATIVE AND USEFUL

WALKING CLUB

Join GA India Ballard Bonffito as she walks at Worthen Arena every Wednesday. Bring your sneakers and make some great new friends! Walking Club is for everyone so you can always bring a friend!

DAYS: Wednesdays,
Now — April 30 from
9:30 — 10:30 a.m.

LOCATION: Worthen Arena, BSU campus

No admission fee



DATE: Wednesday, April 16 from
1:30 — 4:00 p.m.
LOCATION: Westminster Village,
5801 W. Bethel Avenue in Muncie.
No admission fee

21ST ANNUAL HOSPICE FOUNDATION OF AMERICA LIVING WITH GRIEF PROGRAM: HELPING ADOLESCENTS COPE WITH LOSS

Join the Community Center for Vital Aging and the Fisher Institute for Wellness and Gerontology as they host this year's Living with Grief Conference. This is a very informative program that will help you be there for children coping with loss.

LOCATION: BSU Alumni Center,
2800 W. Bethel Avenue in Muncie
COST: \$20.00 per person

For more information or to register visit our website at <http://www.bsu.edu/wellness/events/living-withgriefprogram>, or call (765) 285-8259.

MEDITATION

Join Derek O'Neal and Courtney Roberts as they discuss meditation at Elmcroft in Muncie. They will do a short presentation and then they will demonstrate how to meditate properly. This event is open to the public and we welcome everyone, especially those not familiar with meditation.

DATE: Thursday, April 17 from
6:30 — 7:30 p.m.
LOCATION: Elmcroft,
1601 N. Morrison Road in Muncie
No admission fee



COFFEE CHATS

Join Derek O'Neal and Courtney Roberts for another exciting coffee chat. We will watch a TED talk and then afterwards discuss how it has meaning to our every day lives. Please join us and be ready for a great discussion. We welcome everyone and encourage you to bring a friend. You don't want to miss out on this great group

DATE: Monday, April 21
from 9:00 — 10:00 a.m.
LOCATION: Kennedy Library,
1700 W. McGalliard Road in
Muncie.

No admission fee



Coffee & Chat

DAVID OWSLEY MUSEUM OF ART TRIP

Join the GA's as they go on a tour of a local art museum. The David Owsley Museum of Art is an art museum located in the Fine Arts building on the campus of Ball State University. We will be going on a guided tour to see what exhibits the museum holds. This is a free event. For parking, there are parking meters near the museum and if you are a walking club member, your pass will work in the green lots near the museum.

DATE: Monday, April 14 from
9:00 - 10:00 a.m.

No admission fee



"WISECRACKS FOR WELLNESS" MOVIES

Join David Staggs as he presents on the film Bugsy Malone. He will have a short presentation and then you will watch the film and have a brief discussion afterwards.



SOUTH KOREA

Join Judith Kim as she presents on her home country, South Korea. This is a very informative and fun presentation. You will learn what it is like to live in Korea and learn about the different cultures.

DATE: Thursday, April 24 from
2:00 — 3:00 p.m.
LOCATION: Westminster Village,
5801 W. Bethel Avenue in
Muncie.

No admission fee



Programs and Seminars

(continued)

THE "WISECRACKS FOR WELLNESS" MOVIES

Join David Staggs as he presents on the film Buggy Malone.

He will have a short presentation and then you will watch the film and have a brief discussion afterwards.



DATE: Wednesday, April 30 from 1:30 — 4:00 p.m.

LOCATION: Westminster Village, 5801 W. Bethel Avenue in Muncie.

No admission fee

APRIL 2014 CALENDAR

Wednesdays, Now — April 30

9:30 a.m. — Walking Club in Worthen Arena

Monday, April 14

9:00 a.m. — David Owsley Museum of Art Trip

Wednesday, April 16

1:30 p.m. — "Wisecracks for Wellness" Movies

Thursday, April 17

1:30 p.m. — Hospice Foundation of America Living with Grief Program

6:30 p.m. — Meditation

Monday, April 21

9:00 a.m. — Coffee Chat

Thursday, April 24

2:00 p.m. — South Korea

Wednesday, April 30

1:30 p.m. — "Wisecracks for Wellness" Movies

Locations

David Owsley Museum of Art, Ball State University Campus, Muncie

Elmcroft of Muncie, 1601 N. Morrison Road, Muncie

The Kennedy Library, 1700 W. McGalliard Road, Muncie

Westminster Village of Muncie, 5801 W. Bethel Avenue, Muncie

Worthen Arena, Ball State University Campus, Muncie